

# Black Bean Chicken

## Nutritional Info

- Servings Per Recipe: 6
- Amount Per Serving
- Calories: 298.9
  
- Total Fat: 1.9 g
- Cholesterol: 43.9 mg
- Sodium: 155.1 mg
- Total Carbs: 40.0 g
- Dietary Fiber: 13.0 g
- Protein: 30.8 g

## Ingredients

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2 cans black beans  
16 oz jar salsa  
1/2 cup brown rice (uncooked)  
1 lb chicken breast

## Directions

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Place frozen chicken breasts in slow cooker.  
Pour beans, rice and salsa over chicken.  
Cook in oven at 350 for 60 minutes or  
Cook low in crock pot for 8-10 hours

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